



# REFLECTIONS

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March 2012

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## A Note from the President

Thanks to the grant writing efforts of Barbara Estep, GISOC's Executive Director, the Guild for Infant Survival, Orange County was selected to receive a fully catered luncheon on October 17, 2012 at the beautiful *Anaheim White House*. The Anaheim White House is a 1909 *Historical Landmark*. Bruno Serato, restaurant owner, was recently recognized by CNN in their tribute "Heroes Among Us." Bruno has earned national recognition for his charity, "Catarina's Girls" Club, which directly benefits the Boys & Girls Club of Anaheim (BGCA).

As a recipient of this luncheon, we have the unique opportunity to have SIDS families come together in a beautiful setting, which includes an amazing three-course meal and all proceeds go directly to GISOC. A small auction/raffle will be part of this fundraising event as well.

If you would like to help with this event, donate an auction item or have any questions, please contact Barbara Estep at (714) 973-8417 or [gisoc@att.net](mailto:gisoc@att.net). **Seating is limited to the first 100 paid guests. Visit [www.gisoc.org](http://www.gisoc.org) to purchase your tickets today!**

Jordy Jahn

### Inside This Issue:

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**Thank You So Much...**

The Guild would like to once again say "Thank You" to our SIDS dad, Andy Beale, for keeping our office computer up and running for the last fifteen years. Thank you also to Andy's lovely wife, Daria, who has been generous in understanding that computer problems often come at inconvenient times.

A perfect illustration of "bad timing" came at year end when our office computer had an unexpected and immediate demise leaving us with no convenient way to carry on daily functions including communication with the Guild Board, follow-up with SIDS parents and grant writing, to name a few. An SOS call was quickly put out to Andy. By early January 2012, while on vacation, Andy spent 8 hours of his precious time at the Guild office doing all those "mysterious things" required to install a new computer, new speakers, new monitor, education for the Executive Director, etc., etc. The amazing and beautiful end to this story is that the entire feat was accomplished AT NO EXPENSE TO THE GUILD.

So, Andy, we at the Guild applaud you for taking such good care of all our computer needs for so long. Our appreciation is endless.

**Thank You!!!**

**The Art of Courage**

By Margaret Brownley

Following the death of her brother, my daughter suffered such a deep depression that even though she was receiving grief therapy, she literally could not get up in the morning. For weeks I called her each day and walked her through the process. "Come on now; sit up. That's the way. Now put your feet on the floor. That's a girl. Now..." Step by step, I walked her to the shower.

Grief stripped down to the bones could be described as the loss of courage. It takes courage

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**The Privilege**

By Rhada J. Artz, RN

Birth and death are milestones. They are the greatest milestones in a person's life. Whoever had the opportunity or the invitation to attend these events has been given a privilege and an honor. This honor should be neither overlooked nor abused. This honor should be neither denied nor feared, but embraced with an awe of the mystery of life. To exist means we were born. To live means we shall die.

*For the New Year*

- May the New Year bring healing.
- May the New Year bring peace,
- The warmth of cheerful memories,
- The light of your child's smile
- May it guide you on your way,
- With strength and consolation
- Throughout the year, each day.
- Wherever you may travel
- On this lonely road of grief,
- May you find the way grow easier,
- May the times of sorry be brief.
- Your child's life continues
- In the life you choose to live.
- In your hands and heart,
- Your child's love ~
- To yourself and others, give.

*In memory of Tim Jones 6/12/76-1/7/93  
Son of Ruth Gregory, TCF Phoenix, AZ*

### **Stillbirth and Sudden Unexpected Infant Death Prevention, Education & Awareness Act of 2011**

On November 14, 2011 Senator Lautenberg (D-NJ) and Representative Pallone (D-NJ) introduced the *Stillbirth and Sudden Unexpected Infant Death Prevention, Education and Awareness Act of 2011* (S1862/ HR3418).

This Act will improve the collection of critical data to determine the causes of stillbirth, Sudden Unexpected Infant Death (SUID), and Sudden Unexplained Death in Childhood (SUDC) up to four years of age. It will establish a national database to track these deaths and identify risk factors to prevent them in the future. It will create public awareness campaigns to educate parents and other caregivers about the risk factors for these sudden deaths. And it will expand support services, such as grief counseling, for families that have experienced the loss of a child.

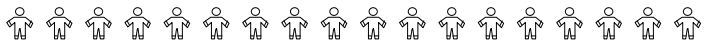
This is very similar to the legislation that was introduced, but not passed, in the 111th Congress. Once again we are asking organizations who deal with the terrible tragedies of stillbirth and sudden unexpected infant and child death to send letters of endorsements for this important legislation.

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### **Walk to Remember Donation**

**Thank you to the "Walk to Remember". Their donation was made to the Guild for our ongoing participation in the annual Walk to Remember. The 2012 Walk will**

**take place on October 6, 2012 at The District at Tustin Legacy. Those who participate walk for the steps their babies will never take. Call (714) 973-8417 for additional information.**



### **Peer Contacts and Support Group Facilitators Needed**

Are you a parent, grandparent, family member, childcare provider or foster parent, affected by a SIDS death? Are you interested in learning how to help newly bereaved SIDS families? Then, consider being trained as a peer contact. We ask that interested individuals have experienced their loss at least one year before volunteering. Peer contacts who are interested in managing a SIDS support group are encouraged to be trained as facilitators. Please contact Jordy Jahn at (949) 501-6346 if you are interested in helping support SIDS families.



### **While Waiting for Thee**

- ◆ **Don't weep at my grave,**
- ◆ **For I am not there,**
- ◆ **I've a date with a butterfly**
- ◆ **To dance in the air.**
- ◆ **I'll be singing in the sunshine,**
- ◆ **Wild and free,**
- ◆ **Playing tag with the wind,**
- ◆ **While I'm waiting for thee.**



### **Newsletter Deadlines**

If you would like to contribute an article or poem to an upcoming issue of *Reflections*, please contact: Lisa Biakanja at (714) 960-9897 or email her at lbiakanja@yahoo.com. **The next newsletter deadline is 5/15/12.** We encourage your participation!



## Infant Sleep Environments Depicted in Magazines Targeted to Women of Childbearing Age

By Brandi L. Joyner, BS, Carmen Gill-Bailey, BA and Rachel Y. Mood, MD

**OBJECTIVE:** The goal was to evaluate pictures in magazines widely read by women of childbearing age, for adherence to American Academy of Pediatrics (AAP) guidelines for safe infant sleep practices.

**MEHTODS:** Magazines were included in this study if they had an average female readership of >5 million, circulation of >900,000, and median age of female readers of 20 to 40 years. Twenty magazines met these criteria. An additional 8 magazines targeted toward expectant parents and parents of young children were included, for a total of 28 magazines. Pictures of infant sleep environments and sleeping infants in articles and advertisements in issues of these 28 magazines were analyzed for adherence to AAP guidelines for decreasing the risk of sudden infant death syndrome.

**RESULTS:** A total of 391 unique pictures from 34 magazine issues were included in the analysis. Only 57 pictures (64%) portraying sleeping infants not being held by an adult portrayed the infants in the supine position, and 14.8% of sleeping infants were portrayed as sleeping with another person. Only 36 pictures (36.4%) of infant sleep environments portrayed a safe sleep environment, as recommended by the AAP.

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## **REFLECTIONS**

P.O. Box 148

Tustin, CA 92781

**Editor: Lisa Biakanja**

*Reflections* is a tri-annual publication of the Guild for Infant Survival, Orange County — a non-profit organization. *Reflections* is committed to the collection and dissemination of accurate, up-to-date, scientific and lay information and the correction of misinformation related to SIDS. The Guild is dedicated to the support of families and friends suffering the death of an infant to SIDS.

### **Devra Hutchinson**

2011 Senator Daniel E. Boatwright Awardee

The 2011 *Daniel E. Boatwright Award* was presented at the *31st Annual California SIDS Conference* on October 28, 2011, to *Devra Hutchinson* for extraordinary service on behalf of Californians touched by Sudden Infant Death Syndrome. The Council congratulates 2011's awardee, who is richly deserving of this, the highest honor California can give for contributions to the California SIDS community.



## Anaheim White House Fundraiser Luncheon

The Guild for Infant Survival Orange County (the Guild) deeply appreciates being one of the winners in the "Anaheim White House Charity Luncheon" giveaway opportunity. Mr. Bruno Serato, owner of the historical Anaheim White House Restaurant, announced the winners at a champagne reception attended by 216 Orange County non-profit organizations, all of whom had submitted a grant request. Each winner was the recipient of a three course luncheon for up to 100 attendees with the venue, food and beverages donated. Mr. Serato commented on "how difficult it is for non-profit organizations to succeed in our current economic environment stating that he wanted to help by aiding them in their fundraising endeavors". As a result, the idea of the charity luncheon was born.

The Guild is looking forward to holding our fundraiser luncheon on October 17, 2012, and once again offer a huge THANK YOU.

Look for additional information in our summer newsletter.

Continued from page 2

To do even the most mundane tasks. Getting out of bed takes courage, for it requires a willingness to face life. Courage is the driving force behind every action. Without courage, driving a car, shopping for groceries or even making a phone call seems daunting.

When we lose a loved one, we lose courage and that's why we find it so hard to get through our days. It takes courage to be alone or to face what seems like a bleak future. It takes courage to admit to anger or a lacking faith. It takes courage to change and grow, to put together a broken heart, to heal.

How do we gain the courage necessary to get on with our lives? Monica Lehner Kahn writes: "Condolence is the art of giving courage. If there is something you need to do but can't ask a special someone for help. A friend can give you courage by:

- ◆ Holding your hand while you make a dreaded phone call.
- ◆ Staying with you while you sort through a loved one's belongings.
- ◆ Sitting with you in worship
- ◆ Accompanying you to a grief counselor or grief meeting
- ◆ Helping you look for a new place to live
- ◆ Praying with you

I gave my daughter courage until such time she was able to regain her own. Today, she is the happy mother of a two-year old, and that is about as courageous as it gets.



Continued from page 4

**CONCLUSIONS:** More than one third of pictures of sleeping infants in magazines geared toward childbearing women demonstrated infants in an inappropriate sleep positions, and two thirds of pictures of infant sleep environments were not consistent with AAP recommendations. Messages in the media that are inconsistent with health care messages create confusion and misinformation about infant sleep safety and may lead inadvertently to unsafe practices. *Pediatrics* 2009; 124-e425-e431.

*The arms of a friend  
Offer me asylum from  
The world's apathy.  
Haiku by Diantha Ain*

**Wings**

**They said your hair was fine and blonde.....  
Just like mine**

**They said your skin was pale and fair,  
Just like mine.**

**They said your eyes were clearest blue,  
Just like mine.**

**They said your smile was full of joy,  
Just like mine.**

**They said your hugs were warm and sweet.  
Just like mine.**

**They said you now have angel's wings...  
Where are mine????**

**By Jeanne Cline Davies**

**Angel's Tears**

By Debra L. Davis

Angels cry as rain falls like thick tears.

Why do they weep?

Is it for the ones who have passed to their graves?

Or for the ones left to cry?

Is the darkness there to comfort the ones

Who can see only dark?

Or to appreciate the sun again?



**Guild For Infant Survival,**

**Orange County**

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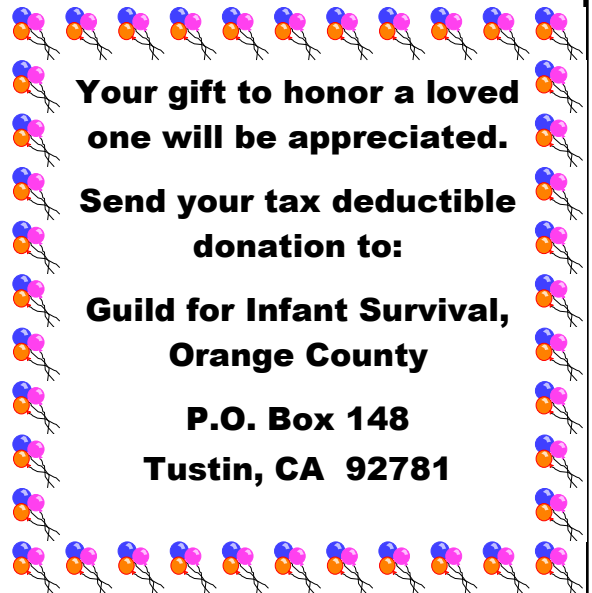
(800) 474-SIDS (7437)

Email Address:

gisoc@att.net

Website Address:

www.gisoc.org



**Your gift to honor a loved one will be appreciated.**

**Send your tax deductible donation to:**

**Guild for Infant Survival,  
Orange County**

**P.O. Box 148  
Tustin, CA 92781**

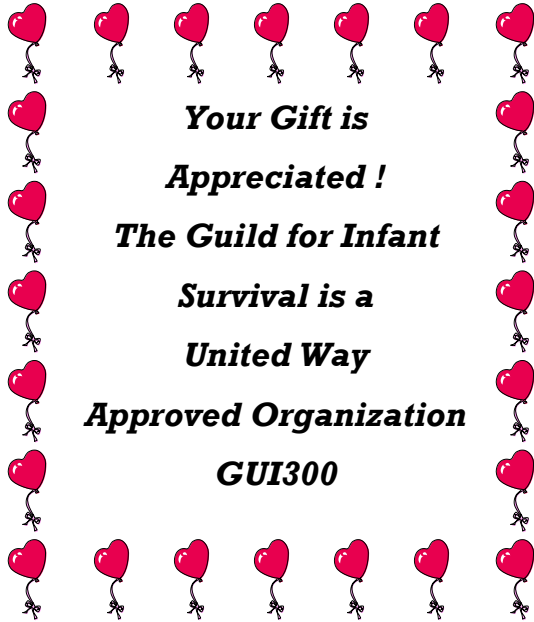
## American Academy of Pediatrics Revised Recommendations, 2011

The American Academy of Pediatrics published its revised recommendations for SIDS risk reduction on October 17, 2011<sup>1</sup>. These recommendations update the previous AAP recommendations published in 2005<sup>2</sup>. The new recommendations largely support the 2005 recommendations, but the new ones expand and clarify some issues. Changes in the 2011 recommendations include:

- ◆ While back sleeping improves the risk for SIDS in all infants, the new recommendations emphasize that non-supine sleeping is especially dangerous for preterm infants, and encourages NICUs and newborn nurseries to place preterm infants to sleep in the supine position as soon as possible.
- ◆ Safe sleeping surface: The new recommendations emphasize that cribs or bassinets should conform to Consumer Product Safety standards; only mattresses designed for specific products should be used; infants should not be placed in adult beds because of risk of entrapment and strangulation; infants should be in areas free of hazards; and infant should not sleep in sitting devices, such as car seats.
- ◆ Roomsharing but not bedsharing: The new recommendations emphasize that the infants' crib or bassinet should be placed in the parents' room, but not in their bed; devices designed to make bed-sharing safe (i.e., in bed cosleepers) should not be used; and epidemiological studies do not demonstrate any bedsharing arrangements which are protective against SIDS or suffocation.
- ◆ The new recommendations identify specific situations where bedsharing is especially dangerous:
  - ◆ Infant younger than 3-months of age.
  - ◆ Bedsharing with parents who are smokers, even if they do not smoke in bed.
  - ◆ Bedsharing with someone who is excessively tired. Studies suggest this occurs when a parent has slept less than 4-hours the previous night.
  - ◆ Bedsharing with someone who uses central nervous system depressant medications, alcohol, or illicit drugs.
  - ◆ Bedsharing with anyone who is not a parent including other children.
  - ◆ Bedsharing with multiple persons.
  - ◆ Bedsharing on a soft surface, such as waterbed, old mattress, sofa, couch, or armchair.
  - ◆ Bedsharing on a surface with soft bedding, such as pillows, heavy blankets, quilts or comforters.
- ◆ Bumper pads are not recommended.
- ◆ Pregnant women should receive regular prenatal care.
- ◆ Mothers should avoid alcohol and illicit drug use during and after pregnancy.
- ◆ Breastfeeding is now recommended as part of the reduce the risk of SIDS recommendations. While protection increases with exclusive breastfeeding, any breastfeeding is more protective than no breast feeding.
- ◆ Infants should receive their regular immunizations.
- ◆ Media and product manufacturers should follow safe infant sleep guidelines in their messaging and advertisements.
- ◆ Expand public education campaigns about safe infant sleep.
- ◆ Continue research into the causes of SIDS and risk factors and prevention.

The 2011 recommendations include information about unsafe infant sleeping environments in order to prevent deaths due to suffocation, strangulation, or entrapment. This is not to say that SIDS is the same as suffocation, strangulation, or entrapment. However, the goal of the recommendations is to reduce the number of sleep-related infant deaths from any cause. Some infants are dying in unsafe sleeping environments, and it is important to include education to avoid these unsafe sleeping situations.

There is an accompanying Technical Report to the AAP recommendations which details the evidence and scientific basis for these recommendations.



**Your Gift is  
Appreciated !  
The Guild for Infant  
Survival is a  
United Way  
Approved Organization  
GUI300**

**To the California SIDS  
Community:**

The 2012 International Conference on Stillbirth, SIDS, and Infant Survival, sponsored by First Candle and by ISPID (International Society for the Study and Prevention of Infant Deaths) will be held in Baltimore, Maryland (Baltimore Marriott Waterfront Hotel), October 5-7, 2012. More information will be forthcoming. However, these international conferences combine the latest in biomedical and epidemiological research with support for parents and SIDS and infant death program professionals.

— Tom Keens

Faith is ...the evidence of things not seen.

The Bible



Continued from page 3  
Please visit this link to access a one-page summary of the legislation, as well as the full text of the bill:

<http://sudc.org/Advocacy/FederalLegislation/tabid/210/Default.aspx>

Your organization's endorsements will help secure additional co-sponsors in both the Senate and the House. In visits to offices during the last Congress, members were surprised at the wide array of organizations who support this legislation: medical examiners and coroners, health care workers, police and firefighters, injury prevention groups, SIDS and bereavement non-profits, and many others who are working to prevent sudden unexpected infant deaths and sudden unexplained deaths among our children.

Your show of support is vital to the passage of this critical legislation. You can find a generic letter of endorsement at this link:

<http://www.sudc.org/Advocacy/FederalLegislation/HowOrganizationsCanEndorseThisBill/tabid/926/Default.aspx> )

Please email your endorsement letters to: [Still-birth.SUID@gmail.com](mailto:Still-birth.SUID@gmail.com)

Thank you for your attention to this matter.

**Judy Kimmitt Rainey**  
Director of National and Legislative Affairs  
Cribs for Kids/ Washington, DC, Office



Death is simply a shedding of the physical body, like the butterfly coming out of a cocoon. It is a transition into a higher state of consciousness, where you continue to perceive, to understand, to laugh, to be able to grow, and the only thing you lose is something that you don't need anymore ... your physical body. It's like putting away your winter coat when spring comes.

Elisabeth Kubler-Ross





# 2012 MEETING CALENDAR

**Parent Support Meetings**— All meetings are from 7:00—8:30 PM.  
Meetings are hosted by Colleen Ma and Penny Stastny and take place at the Guild for Infant Survival, Orange County office located at 2130 E. 4th Street, Suite 125, in Santa Ana.

\* Please RSVP to Barbara Estep at (714) 973-8417 prior to the meeting

March 12

April 9

May 7

June 11

**Business Meetings**— held at the Guild for Infant Survival, Orange County office located at 2130 E. 4th Street, Suite 125, in Santa Ana. Meetings begin at 7:00 PM. If you would like to have an item added to the agenda, please contact Jordy Jahn at (949) 347-8583.

\*Please RSVP to Barbara Estep at (714) 973-8417 prior to the meeting.

**April 30**

To be held at a private home—call for directions

**Save the Date!**

October 17, 2012  
Guild luncheon to be held at  
Anaheim White House Restaurant  
887 South Anaheim Blvd.  
Anaheim, CA  
For more information please call  
Barbara Estep (714) 973-8417





### Memorial Donations

**In Memory of Alan Bennett**  
Alan & Karen Bennett

**In Memory of Cory Eckert**  
Diane Stevens

**In Memory of Baby Michael Griffin**  
Gavin & Amy Griffin

**In Memory of Scott Hogan**  
Frances & Edward Hogan

**In Memory of Jason Alexander Robar**

Mr. & Mrs. T. Bancroft  
Julie Robar  
Mr. & Mrs. R. Robar  
Mr. & Mrs. Robert Robar  
Clara Marie Shutz

**In Memory of Ashley Robbins**  
Iain & Margaret McCormick

**In Memory of Jennifer Taff-Cormier and Scotty Hogan**  
John & Becky Hogan

**In Memory of Roger S. Tourkow**  
David & Carol Toukow



### Community Campaign Donations

Thanks to:  
Peggy Sisson  
Elaine Nelson



### Special Thanks

We appreciate the Employees Community Fund of Boeing California and thank them for their generous grant, helping the Guild to help others in our community.



This newsletter is being published thanks to a grant from Wells Fargo Foundation.



### Grants

We are deeply appreciative of a grant from the CJ Foundation for SIDS. Their support helps us to support the Sudden Infant Death Syndrome community.



### Community Outreach

Penny Stastny, Vice President of the Guild and retired Senior Public Health Nurse will present a talk to 100 Orange County Child-care Providers on May 14, 2012.

